

# **TITLE: WASTELESS LUNCH WEEK**

## **GRADE LEVEL: K-5**

**GOALS:** Students will become more aware of the amount of trash produced at lunch and ways to reduce that waste.

### **ACTIVITIES:**

1. Students could do this individually or divide them into two groups: those who bring lunch and those who buy lunch. Have students keep track of lunch trash thrown away for one week- either by weight or the number of barrells filled. Promote the idea of reusable containers for students who bring their lunch.

2. Have students make 3-D posters illustrating "GOOD PACKAGES" versus "BAD PACKAGES" that can be hung in the lunch room. (A bad lunch would include paper napkins, drink boxes, paper lunch bag, individually wrapped snack foods. A good lunch would include reusable lunch bag or box, cloth napkin, reusable containers for drinks and food.)

3. Have students survey the amount of food that is thrown away in the school lunch room. Encourage them to eat all the food they take at the cafeteria.

4. Ask students to bring in wrappers/containers from a family's trip to the fast food restaurant. Discuss and contrast with the same food prepared at home.

# **TITLE: NO NEW PAPER DAY**

## **GRADE LEVEL: K - 6**

**MATERIALS:** Paper and weigh scales

### **ACTIVITY:**

1. Weigh the amount of new paper used on one school day. Include paper from work-books, worksheets, etc. Extrapolate this figure for the entire school. Have students keep one-sided paper for 1 - 2 weeks. Only use this paper or chalkboard for class work.

2. Discuss ways to use less paper.

- \* Use both sides
- \* Individual chalkboard
- \* Computer - no hard copy
- \* Verbal responses
- \* Dry eraser board